

New Directions Employee Assistance Program

The program is Free

- William Jewell College pays for the program 100%.
- If you choose to use the program, there are no co-pays, deductibles, nothing deducted from your paycheck. It's confidential.
- There are state and federal laws that protect your confidentiality
- New Directions will tell Jewell how many people have used the program, but by law they can not tell the College who used it or give the College any information that would allow them to identify those who have participated

It's available to:

- Employees of William Jewell College
- Immediate family members of Jewell employees (generally spouses and dependent children)
- You do not have to enroll in the program.

Every employee is automatically enrolled. People use the program for a variety of issues including:

- Relationship issues
- Stress
- Parenting
- Depression and anxiety
- Grief and loss
- Substance use
- Help with finances or legal situations
- Setting goals or making decisions
- Adjusting to new situations

They have counselors throughout the KC area as well as throughout the USA.

How do I access the program?

- Call them at **800-624-5544**.
- There is a mental health professional available to help 24/7 in an urgent situation.
- The website has helpful information. (www.ndbh.com - Login code is: **WJC**)